

Foods High in Fiber

Whole Grain Products

(wheat, oats, rye, corn)
whole grain breads
whole grain crackers
whole grain muffins
corn tortillas
popcorn

Cold Breakfast Cereals

100% bran cereal
shredded wheat cereal
puffed wheat cereal

Hot Breakfast Cereals

oatmeal
wheat germ
other whole grain cereals

Cooked Grains

brown rice
barley
other whole grains

Cooked Vegetables

carrots
peas
lima beans
potatoes
green beans
corn
cooked greens (spinach or other greens)
broccoli
cauliflower
cabbage
winter squash
summer squash
most other vegetables

Fresh Fruit

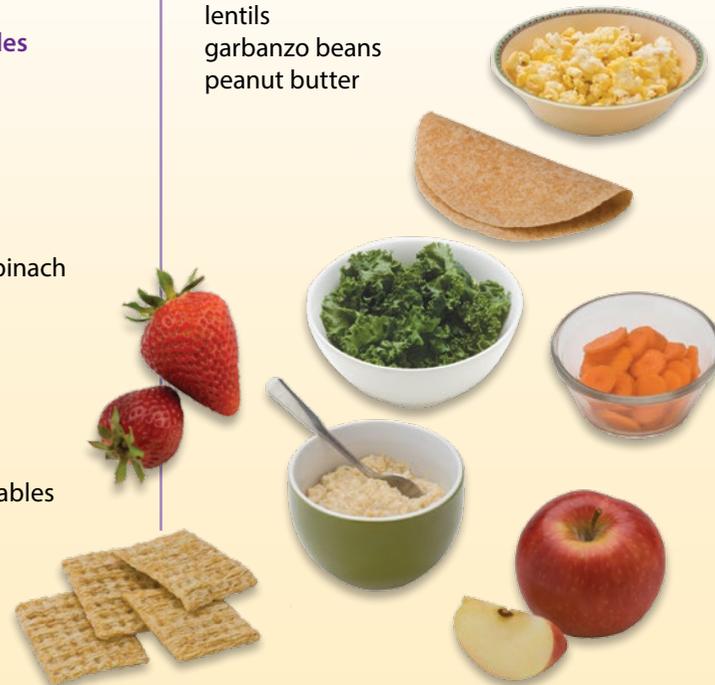
pears
peaches
apples
strawberries
figs

Dried Fruit

prunes
raisins
figs
apricots
pears
peaches
apples

Beans and Nut Products

pinto beans
black beans
navy beans
kidney beans
dried peas (split peas)
lentils
garbanzo beans
peanut butter



Warning: children under age 4 can choke on popcorn, nuts, fruit skins, dried fruit, and raw vegetables.

High Fiber Snack Ideas

- fresh fruit
- whole grain muffins (bran, oatmeal, corn)
- soft cooked carrot slices
- popcorn
- whole wheat toast strips
- soft cooked dried fruit (without seeds)
- oatmeal cookies
- puffed wheat cereal
- Fig Newton type cookies

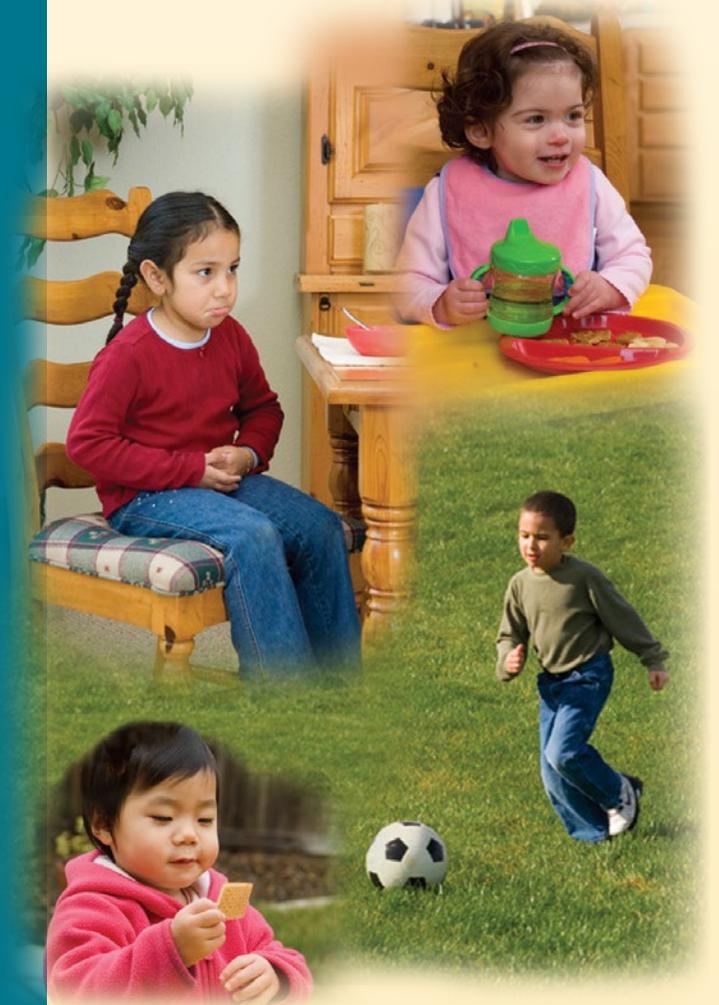


High Fiber Menu Suggestions

Menus	Day 1	Day 2
Breakfast	<ul style="list-style-type: none"> • scrambled egg • bran muffin • prune juice • milk 	<ul style="list-style-type: none"> • oatmeal with raisins • apricots • milk
Snack	<ul style="list-style-type: none"> • graham crackers • water 	<ul style="list-style-type: none"> • whole grain toast strips with peanut butter • milk
Lunch	<ul style="list-style-type: none"> • lentil soup • tuna sandwich on whole wheat bread • milk 	<ul style="list-style-type: none"> • vegetable beef soup • cheese quesadillas with corn tortillas • orange juice
Snack	<ul style="list-style-type: none"> • whole grain crackers with peanut butter 	<ul style="list-style-type: none"> • fresh fruit
Dinner	<ul style="list-style-type: none"> • tacos with beef and beans • cooked carrots • fresh fruit salad • milk 	<ul style="list-style-type: none"> • baked chicken • peas • rice • green salad • milk

Is Your Child Constipated?

More fiber,
liquids, and
lots of activity
can help!



California Department of Public Health,
California WIC Program
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Constipation — what you should know

Does your baby or child have dry hard stools (bowel movements or poops) that are hard to pass? He or she may be constipated.

- Check with your doctor to make sure the problem is constipation and not something else.
- Don't worry if your child doesn't have a bowel movement every day. If the stool is soft, your child probably is not constipated.
- Don't give your child any laxatives, mineral oil, suppositories or enemas unless your doctor prescribes them. These can cause health problems for your child.

What can cause constipation?

- Not drinking enough liquids
- Baby formula that is mixed wrong
- Feeding solid foods before about 6 months
- Not enough movement or activity
- Some medications
- Dehydration due to vomiting or fever
- Some medical conditions (check with your doctor)

Your doctor may recommend:

- Give your child foods with more fiber (fiber is part of our food that we can't digest – it makes the stool softer)
- Give your child plenty of liquids
- Help your child be active every day



Babies Under 6 Months Old

During the first month, babies may have a stool after each feeding, or a few stools a day. After one month, babies have fewer stools each day or even a stool every few days.

Formula with iron does **not** cause constipation. Babies who drink formula do tend to have firmer stools than babies who are breastfed, but this is not constipation.

- Check with your doctor to be sure your baby is getting enough breastmilk or formula. Be sure you are mixing formula correctly.
- Put a warm washcloth on baby's stomach.
- Give your baby more liquids if he or she is constipated. Offer 2 ounces of water twice a day. Don't give baby sugar water or tea.
- Do not change formulas unless your doctor tells you to do so. Changing formulas often can cause more problems.



Babies Over 6 Months Old

- Help your baby be more active. Move baby's legs like he or she is riding a bike. Encourage baby to move or crawl on the floor.
- Give your baby more liquids. You can offer 2 ounces of prune, pear or apple juice mixed with 2 ounces of water, twice a day, or 4 ounces of plain water twice a day.
- Give your baby more foods with fiber like soft fruits and soft cooked vegetables. Try about 2 to 4 ounces of fruits or vegetables each day.
- Soften one teaspoon of 100% bran cereal with breastmilk or formula and add this to your baby's cereal.
- Homemade baby foods usually have more fiber than baby foods in jars.

Toddlers and Young Children

- Offer your child a variety of foods high in fiber. Whole grain breads and cereals, vegetables, and fresh fruit are especially good.
- To increase fiber, you can add to your child's soft foods and cereals:
 - 1 to 3 tablespoons per day of 100% bran cereal, or
 - 1 to 4 tablespoons per day of wheat germ, or
 - 1 to 2 tablespoons of finely chopped dried fruit like raisins, prunes or dried apples.
- Regular exercise is important. Be sure your child gets to play actively every day!
- Give your child plenty of liquids, especially water, every day.
- Help your child go to the bathroom regularly. Set aside a quiet time each day for using the toilet. After a meal may be the best time.
- Encourage your child to use the bathroom when she needs to go. Do not rush your child.

